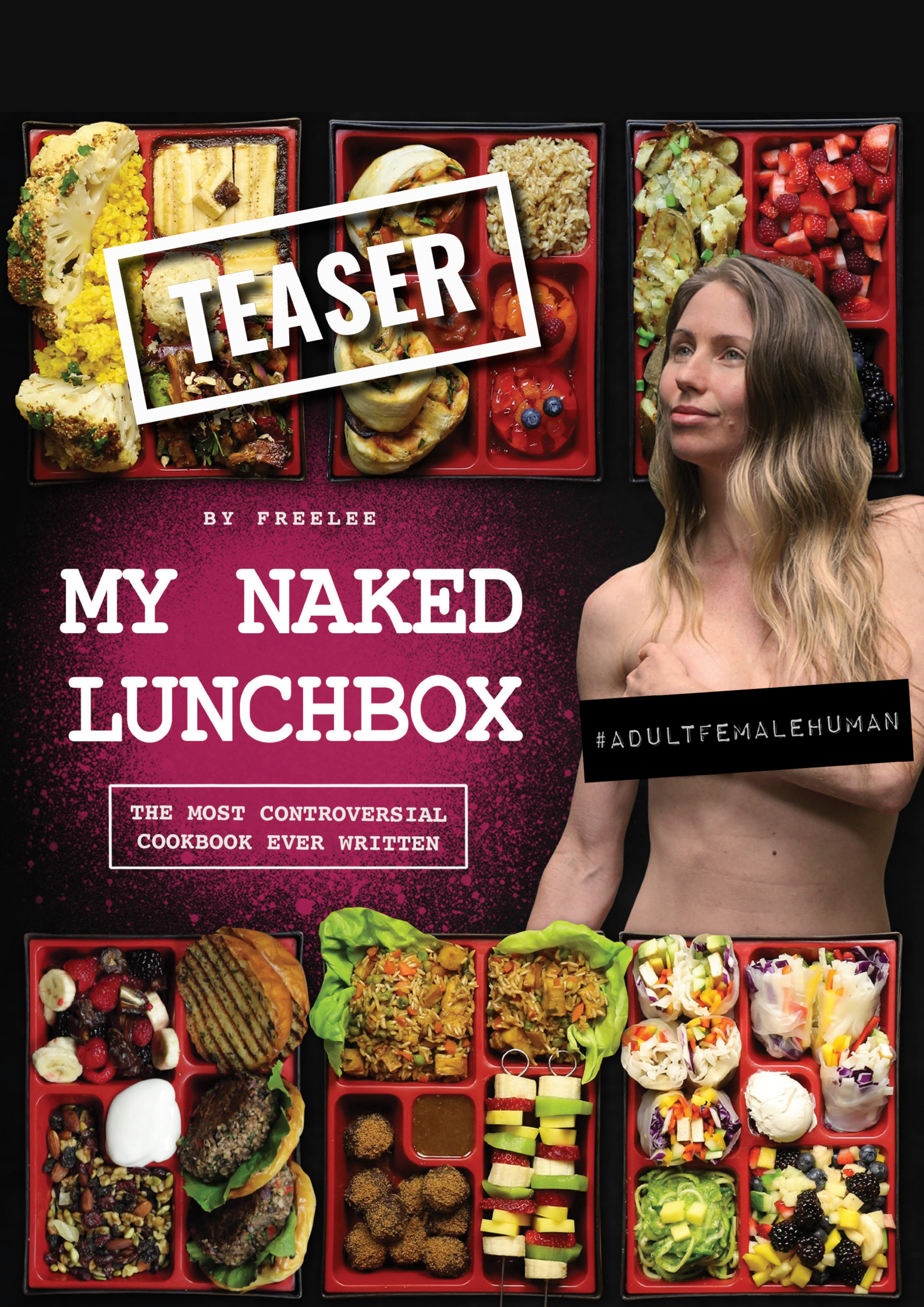

TEASER
BY FREELEE
MY NAKED LUNCHBOX
#ADULTFEMALEHUMAN
THE MOST CONTROVERSIAL COOKBOOK EVER WRITTEN

My other books

THEBANANAGIRL.COM

Freelee The Banana Girl
youtube.com/user/Freelea

@freeleethebananagirl
instagram.com/freeleethebananagirl

The Frugivore
youtube.com/thefrugivore

Freelee The Banana Girl
bitchute.com/channel/tppHcJDYVfQy

DISCLAIMER

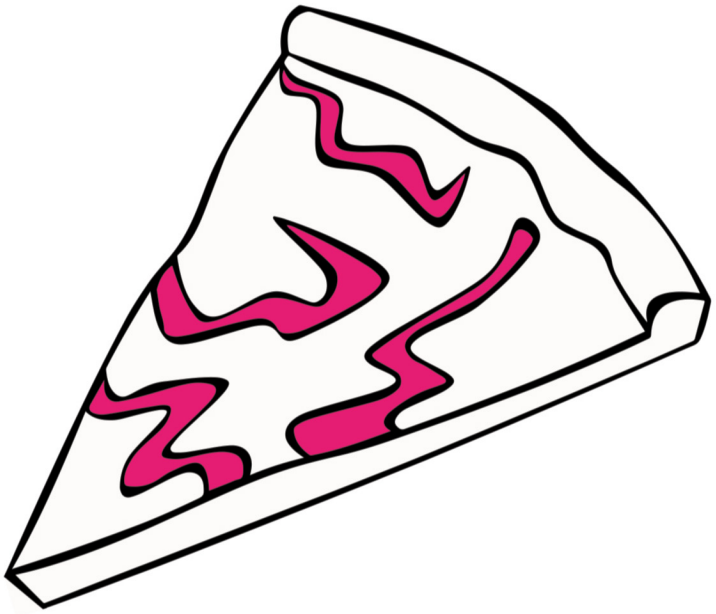
Each book sold is to a single user only. Customers are not allowed to copy, distribute, share, transfer, sell or reproduce the book to any third party or person without prior permission from the author. The content and recommendations in this book are only intended for improvements in general health. Your health care professional should be contacted for your specific medical questions. This information is not individually tailored and it has come from personal experience, government guidelines and scientific literature, where possible. © 2016 BANANAGIRL. ALL RIGHTS RESERVED.

BULLIED INTO BEAUTY

brad and linda are compared here as they are both of similar age, and both used for 2012 chanel advertisements in the same magazine. brad, allowed to embrace his natural age. linda, bullied into masking it. as women, media has trained us to see aging as a weakness. as scary and undesirable it's bizarre that 'you look old' is now an insult and that, at 38, i'm considered 'over the hill'. the target has become an ageless, cartoon-smooth face without evidence of life experience. i used to aim for that one-dimensional look and take part in dangerous cosmetic procedures. i eventually realized that i have many layers to appreciate and express. don't buy the lies. don't feed into this oppressive system. you are not a static, emotionless, photoshopped image. you are a living, feeling, and experiencing, forever changing human being.

LUNCHBOX 8

cruelty-free pizza box

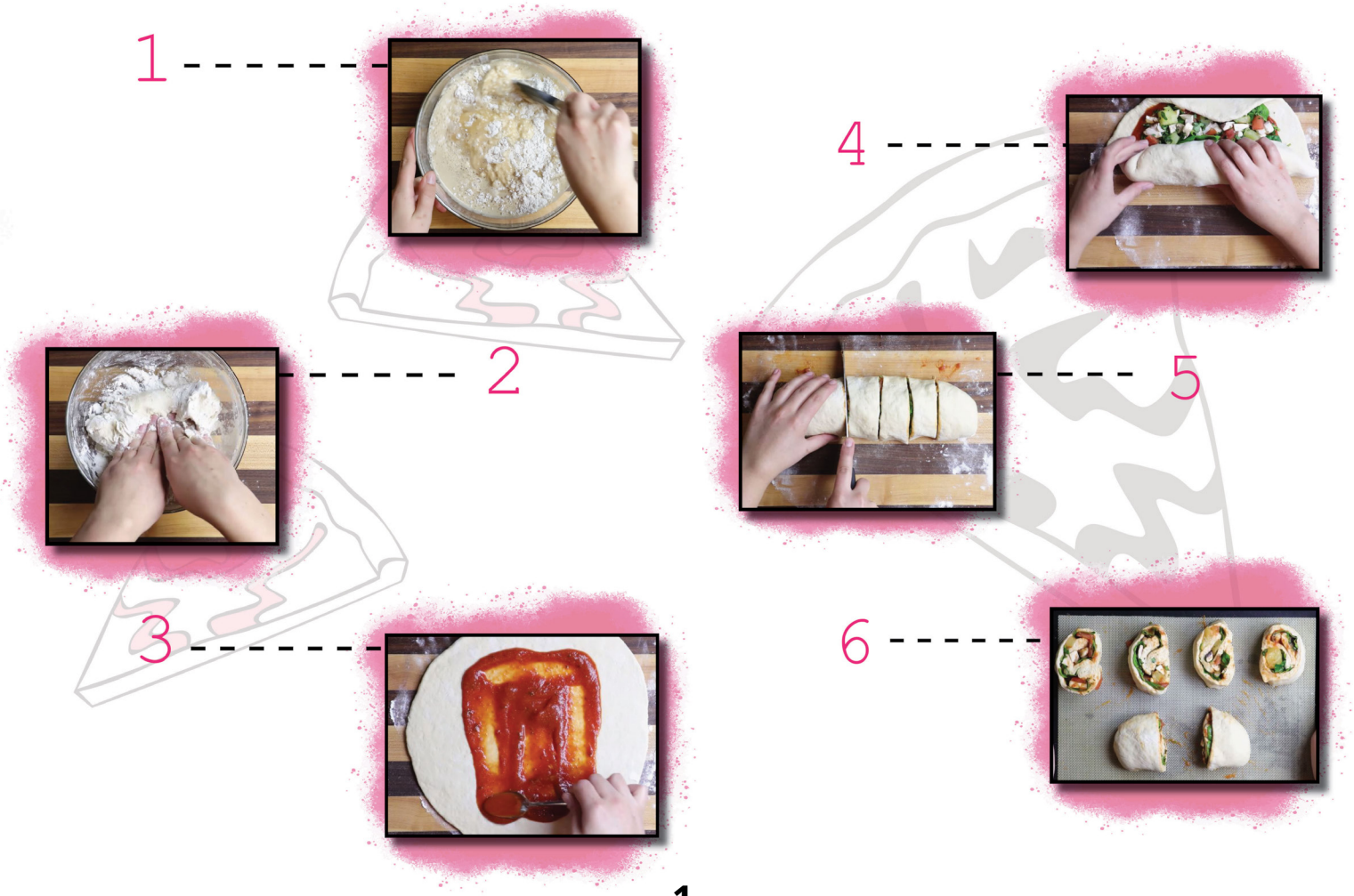


INGREDIENTS:

- *1 cup warm water*
- *1 packet of active dry yeast*
- *1 tbsp. coconut sugar*
- *3 cups organic flour*
- *1 tsp. fine sea salt*
- *pasta or pizza sauce of your choice*
- *toppings (chopped fresh basil, sliced mushrooms, tin pineapple, basil, fresh tomato, green baby spinach.)*
- *a tiny bit of olive oil*

12 LUNCHBOXES IN THE EBOOK

DIRECTIONS



1

in a bowl, add the yeast and sugar to the warm water. mix until the ingredients dissolve. let sit for about 5 minutes until a foamy surface appears, this means the yeast is activated. in a separate bowl, combine the flour and salt. add the olive oil and yeast mixture and stir until it is mixed, about 1 or 2 minutes.

2

turn the mixture onto a floured surface and knead until it becomes smooth, about 7 minutes or so. roll it into a ball and place in a slightly oiled bowl, making sure to coat the whole ball with the oil. cover and let sit for around 1 hour, allowing the dough to rise.

3

in the meantime, prepare your toppings and preheat the oven to 400 f. after an hour, turn the dough out onto a surface and roll out flat into a rectangle. add sauce and toppings. i would recommend leaving lots of breathing room near the top.

4

roll the dough, from the bottom to the top, into a tube.

5

using a sharp knife, cut out slices about 1” or so thick. gently and carefully transfer them to a non-stick baking sheet, or a baking sheet covered in parchment paper.

6

bake for 18-20 minutes or until the rolls are golden brown. remove and allow to cool a little before serving or adding to lunchbox.

SIDE 01: CARBY RICE

- *1 cup white rice*
- *cover with coconut sugar*
- *optional extra, chilli sauce*
- *mix for a sweet treat.*

SIDE 01: FRUIT GELATIN

- *185ml (3/4 cup) boiling water*
- *6 1/2 tsp. powdered agar (vegan gelatin alternative)*
- *685ml (2 3/4 cups) pure apple juice (no added sugar)*
- *200g raspberries*
- *2 large ripe mangoes, cheeks removed, peeled, diced*
- *200g blueberries*
- *16 lychees, peeled, quartered, pitted*
- *2 tbsp. pure apple juice.*

Animal gelatin is derived from all sorts of nasty shit. From pig hooves to lips and anus. Check your bag of candy...

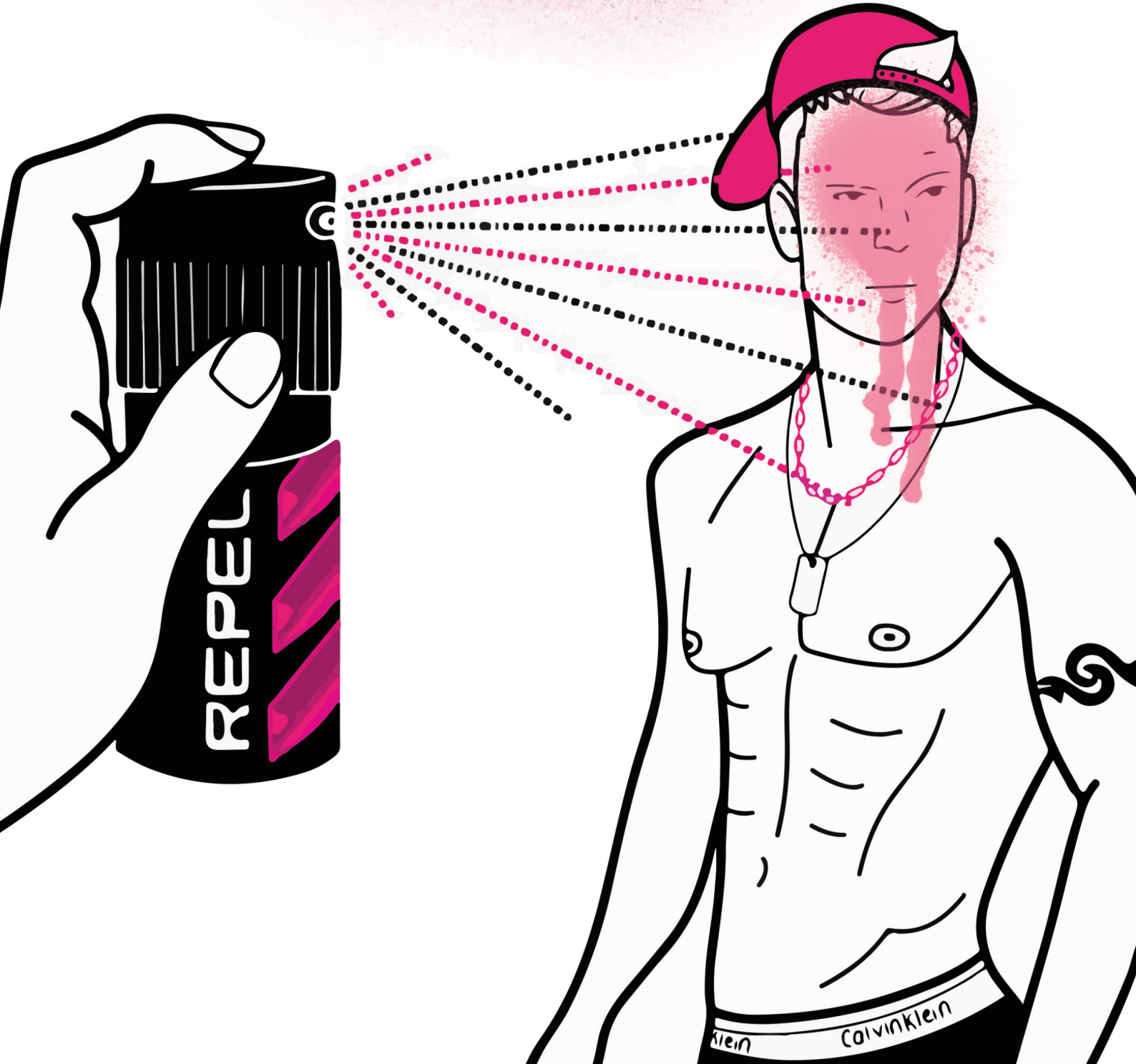
DIRECTIONS:

- *pour the boiling water into a heatproof jug. sprinkle with agar and whisk with a fork until it dissolves.*
- *add a little apple juice to the mixture and stir to combine. pour the remaining apple juice into a large jug.*
- *stir until well combined.*
- *divide raspberries among eight 250ml (1-cup) capacity mini pudding bowls or rounded teacups.*
- *pour in enough apple-juice mixture to cover the raspberries. place the bowls on a tray.*
- *put in the fridge for 30 minutes or until just set.*
- *repeat the layering process, in 2 more batches, with the blueberries, lychees, and remaining apple-juice mixture.*
- *cover with plastic wrap and place in the fridge for 4 hours or until set.*
- *dip the molds, 1 at a time, into hot water for 4 seconds, then turn over and add to your lunchbox!*
- *eat first thing at school.*

DIP:

- *salsa of your choice.*

FUCKBOI REPELLENT



12 INSIGHTFUL CHAPTERS TO UNFUCK YOUR LIFE

be.shine.
repel.

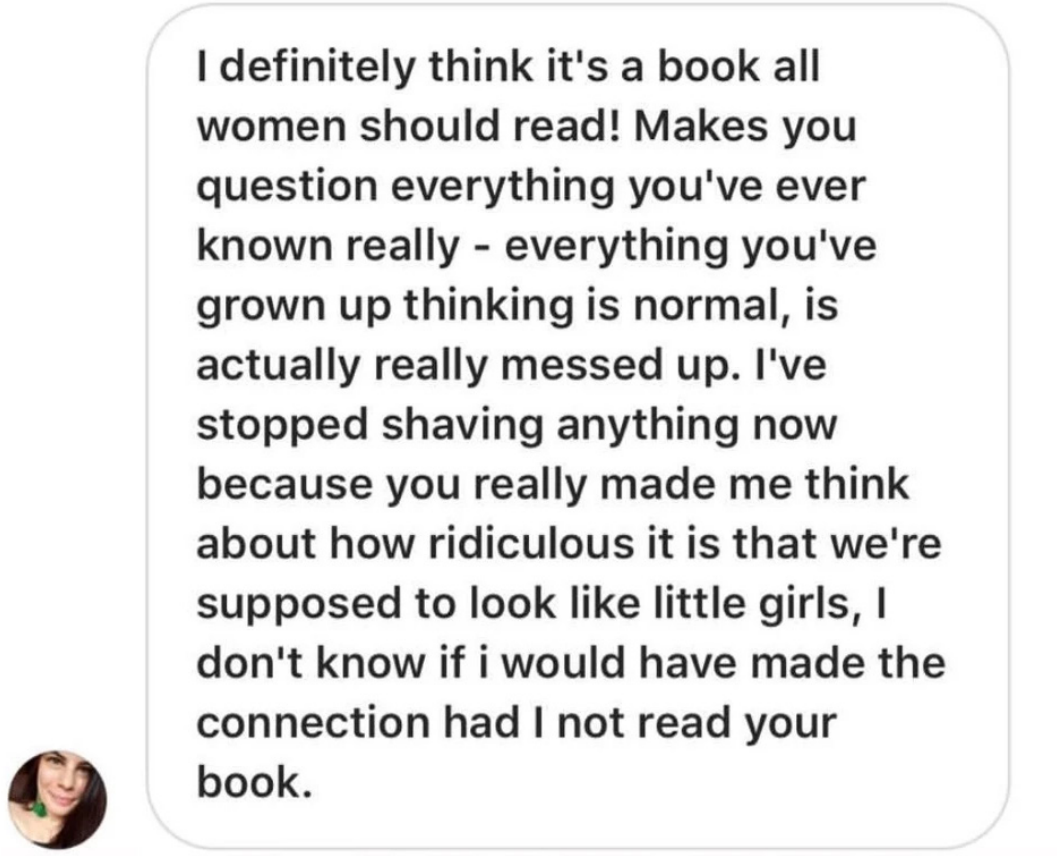
a clear benefit of rocking your natural self is the protective 'fuck off' aspect it provides.

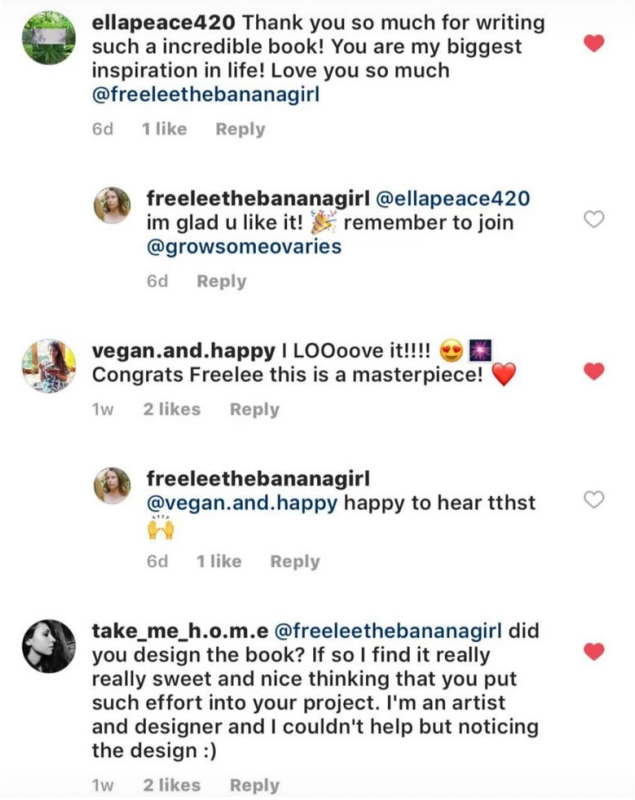
suddenly you become invisible to fuckbois.

if they do see you, never fear—the depth of your being will repel them. they are shallow surface-feeders who only want to connect with you via their penis. every hole is a goal for these pornhub junkies. once they zap your sparkle they move to the next victim. i dated one in my naïve younger years. he would half-jokingly call me his 'cum bucket.' they will charm you into believing they are good guys, who care about you. but all they really care about is how sexy you are and your cock-sucking ability.

they are an easy species to spot, but some can be masters of camouflage. that is why it's crucial to present your true self. to let your body hair grow, to go barefaced, and to wear comfortable, practical clothing. to shine as you. your realness will weed out the phonies. it will reveal you as secure within yourself and not a woman they can fuck with, literally.

TESTIMONIALS





REVIEWS

★★★★★

C ★★★★★ 12/10/2019
Verified **Christine Moore**

vegan feminists unite
I have been a vegan for >7 years and a feminist since birth. Freelee created a book that was meant to empower women to be the healthiest possible. Thank you!

M ★★★★★ 11/30/2019
Monica Rainer

eye-opening books
"This is one of the incredible eye-opening books I have ever read in my entire 29 years on this Earth! I found Freelee 4 years ago on YouTube, and she inspired me to go Vegan which was one of the best decisions of my life. I'm a pretty slow reader, but I could not put this book down.!I read almost all of it in one night and finished the last bit the next day. I empathized with nearly everything Freelee said, and I had to take a good hard look at myself while reading it. I felt a range of emotions from joyful, angry, pissed off and sad. I wasn't angry at Freelee of course as she is just telling the cold hard truth which is exactly what I needed to hear. I was upset at the messed up society we live in, and disappointed in myself for not seeing how brainwashed I had become with slaving away to 'beauty duty.' I began my spiritual awakening journey a couple of years ago and have been heavily focused on un-brainwashing myself, self growth and personal development. This book is exactly what I needed to take my journey to the next level of awakening. My biggest desire in life is to be free so I was shocked to discover how enslaved I've actually been and without even knowing it. Our minds can sometime be our biggest prison cage. I've decided to challenge myself to stop wearing makeup and shaving. I know this won't be easy after my initial reaction to this thought made me more emotional than I ever would have thought, but that's why I feel the need to do it. I'm tired of being focused on my outer appearance 24/7, feeling inferior and jealous of other women, hating and obsessing about how I look and never feeling like I will ever be "enough" for this shallow beauty worshiping world. Life for women can feel like a never-ending beauty competition if you choose to keep competing. I'm ready to focus more on my internal well-being and spend my time and energy on positive growth and other hobbies rather than trying to beautiful enough to be accepted in the shallow end of the pool...

d ★★★★★ 08/24/2019
Verified **deva mazzocut**

Life changing read!!
I couldn't stop reading it, finished it in 2 days! Every woman needs to read this! It's an eye-opening book that will shift your perspective about health and society. So much more than a cookbook. Thank you Freelee!!

I ★★★★★ 07/25/2019
Verified **Izzy Hextall**

Incredible book!
This book taught me to accept my natural self and remove my mind from what society had brainwashed me to believe. Although it is expensive, I couldn't put a price on what it has taught me. Thank you so much freelee :)

E ★★★★★ 07/16/2019
Verified **Elsa Pfeiffer**

awesome!! ;)
I just love this book! Totally different from what I expected - a recipe book - but actually so much better!! It's a recipe book plus soooo much more! Not only every woman should read this book, everyone!! So many thanks, Freelee, for all the great informations and insights!

> >> **thebananagirl.com** replied:
> elsa that is so great to hear! exactly the sort of impact i was hoping to have. i appreciate you taking the time to leave this. stay free :)

M ★★★★★ 07/15/2019
Verified **Marisa**

Serving up compassionate recipes and fierce woman-power
This book is so unbelievably info-packed with things you probably didn't even know you needed to hear. The amount of heart, effort and thought that went into this book is beyond any cookbook I've ever read. As a long-time lover of Freelee, I thought that her public obsession with hairy legs and the beauty duty revolution was, quite honestly, stupid and not a good way to spend valuable time. But not surprisingly, Freelee changed that for me.

I now know why she advocates for all that she does and how important it is for the women of our society to feel okay and safe just 'being.' Being free of razors and hours of shaving to impress whoever you feel you need approval from. Free from feeling pressured to have children. Even if you don't want to stop shaving your legs and buying your favorite makeup, Freelee shows you that it is OKAY to be without those things if you do one day wish to try it for yourself. This cookbook goes way beyond not shaving and not wearing makeup and it's something that we've been missing - but finally have. Thanks for the thought-provoking book with great vegan recipes and beautiful pictures to keep on hand whenever I need food inspo.

bodily autonomy is the right to govern
one's own body, free of external influence.
basically, you may do

WHATEVER

WHATEVER

the fuck you want with your own body. and yes,
that includes anything inside your body.